



## Grilled or Broiled Orange Chicken

**Yield:** 4 servings

**Serving size:** about 5 ounces each serving

**Chill time:** Overnight

### Ingredients:

4 skinless boneless chicken breast halves (about 5 ounces each, or about 1½ pounds total)

½ cup frozen unsweetened orange juice concentrate, thawed

½ cup lemon juice

2 tablespoons grated orange peel

½ teaspoon garlic powder



### Directions:

1. Place chicken in shallow dish.
2. Mix remaining ingredients. May add salt to taste.
3. Pour over chicken. Turn chicken to coat with marinade.
4. Cover and refrigerate overnight, turning chicken at least once.
5. Grill or broil chicken until the juice of chicken is no longer pink. Actual cooking time will vary depending on heat of the grill, distance from broiler heat and thickness of chicken.

**Nutrition Facts:** Calories, 345; Calories from Fat, 54; Total Fat, 6 g; Cholesterol, 145 mg; Sodium, 127 mg; Carbohydrate, 16 g; Dietary Fiber, 1 g; Protein, 54 g

Source: University of Illinois Extension

